



HARRISONBURG  
**parks and recreation**

**All proceeds will go toward the  
RMH Foundation to Benefit Breast  
Cancer Treatment and Support at the  
Sentara RMH Medical Center**

# 12th Annual Race to Beat Breast Cancer 5K Run/Walk

**October  
25th**

## Basic Information:

The top three in each age division receive a race medal.  
(-17, 18-29, 30-39, 40-49, 50-59, 60+)

Refreshments provided before and after the event.

T-shirts will be provided to the first 500 pre-registered.

T-shirt sizes are not guaranteed after Oct. 15<sup>th</sup>. (T-shirts will not be ordered after Oct. 15<sup>th</sup>).

Race Packet pick-up will be available the Friday prior to the race.

## Race Day Times:

7:00 a.m. —Race Facility Opens

9:00 a.m. —Introductions and Cancer Survivor Testimonials

9:30 a.m. —5K Runners Start, Walkers Start After

## Mail-in or Drop-off Registration:

305 South Dogwood Drive, Harrisonburg, VA, 22801.

Attn: Erik Dart

Please make checks payable to: Rockingham Memorial Hospital. Please specify "Race to Beat Breast Cancer" in the "for" section of your check.

## Online Registration:

Go to [www.active.com](http://www.active.com) and search 12<sup>th</sup> Annual Race to Beat Breast Cancer.

**Registration ends Oct. 24<sup>th</sup>. There will be no race-day registration.**

**Directions:** From I-81, take exit 245 (Port Republic Rd.). Go West onto Port Republic Road, (toward JMU). Continue straight on Port Republic Road, cross over Rt. 11, (S. Main Street). When you cross Rt. 11, Port Republic Road becomes Maryland Avenue. Continue straight on Maryland Avenue and cross over Rt. 42 (S. High Street). After crossing Rt. 42, take the second right onto Dogwood Drive. Stay on Dogwood for about 1/2 mile until you see Westover Park on the left. Turn into Westover Park and the Community Activities Center will be straight ahead. If you have any problems, call (540) 433-9168.

## Sign-Up Form Title

Name \_\_\_\_\_  
Group (if applicable) \_\_\_\_\_  
Age Gender T-shirt Size (Adult Sizes)

Address \_\_\_\_\_  
Address (cont) \_\_\_\_\_  
Phone \_\_\_\_\_

Signature and Waiver Acknowledgement

Email \_\_\_\_\_

Sign up for:

☐

5K Run/Walk

Early  
Registration

\$20

Late Registration  
(After: 10/17/14)

\$25

☐

5K Run/Walk  
(Group Discount)

\$15

\$15

Minimum of 5 for group  
discount such as  
businesses, teams,  
clubs, sports,  
fraternities, sororities,  
civic organizations,  
etc.\*

## (No Refunds)

Subtotal: \_\_\_\_\_

Additional \_\_\_\_\_

Donation: \_\_\_\_\_

Total: \_\_\_\_\_

**Waiver:** I hereby release the City of Harrisonburg, its employees, and volunteers from all claims for damages arising from any accidents or injury, which are caused by or arise from the participation of the above named applicant during any program or in any facility or at any location where this program is held. I grant permission to use my photo in promotional material to promote the Race to Beat Breast Cancer 5K.